



**BLUE HERON**

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☺ CATERING INC. ☺

*(est. 1988)*

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BLUE HERON CATERING INC.

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## SERVICES



Blue Heron Catering guarantees you the most delicious food, outstanding value and the easiest event you'll ever plan! Blue Heron specializes in providing delicious, fresh, custom menus from all ethnic backgrounds, for weddings, social events and corporate events, for people who know their food and love to eat! Blue Heron offers attention to every detail that creates a memorable event that is as unique as you are. We invite you to experience the perfection of Blue Heron Catering ... *You'll be able to taste the difference!*







## CUISINE



Blue Heron keeps it Fresh and In Season! We use only the finest quality products and the freshest available ingredients selected from the best Bay Area suppliers. This results in unrivaled food for your party.

In Spring cherry blossoms are blooming, colorful flowers and spring vegetables are abundant! Everything is fresh and new! Recipes for spring include artichokes, strawberries, arugula, asparagus, snap peas, radishes, broccoli, sweet carrots, fennel, leeks, bok choy and spring onions. Don't forget the colors of the pretty sweet pea flowers!

The longer, warmer days of Summer in California bring some of our favorite fruits and vegetables to our local markets. Think watermelon and sweet cantaloupe on your fruit display! We'll be cooking with beautiful fresh basil, vine ripened tomatoes, summer squash, the freshest local garlic and onions, sweet corn, figs and perfectly ripe stone fruit.

Autumn leaves are turning and the last of the sweet corn and peaches are at the market and it's time to turn our attention to the beautiful heirloom tomatoes, luscious grapes, persimmons, pomegranates, varietal pears, beautiful colorful peppers, dark green beans, chard, kale, bok choy and apples!

With colder Winter weather, we crave comfort food that makes us feel cozy and nourished. Root vegetable soups featuring beets, turnips and winter squash are in high demand, as are bountiful salads of mixed winter greens with tangerines and radishes, dark green and healthy kohlrabi, and our favorite versatile vegetable... butternut squash!

**THE FOLLOWING MENUS ARE SIMPLY A STARTING POINT, A SAMPLING OF SOME POSSIBILITIES. YOUR MENU WILL BE THE END RESULT OF AN EXTENSIVE CULINARY CONVERSATION BETWEEN YOU AND BLUE HERON CATERING.**



## *Thai Inspired*

WEDDING BUFFET

### Appetizers

Sesame Chicken Skewers with Lychee

Smoked Trout on Cucumber with Sesame Mayonnaise

Spring Rolls with Spicy Peanut Sauce

### Buffet

Chicken Yellow Curry with Potatoes and Onions, Thai Basil and Kaffir Leaves

Pacific True Cod in Green Coconut Milk Curry with Thai Basil

Vegan grilled Tofu, Vermicelli, Cilantro & Chili Basil Sauce

Garlic Green Beans

Jasmine Rice Pilaf with Toasted Shallots, Toasted Garlic and Scallions

Watercress and Young Greens Salad, Shaved Asiago, Japanese Apple Pears Pear Honey Cider Dressing

Selection of Country Breads and Sweet Butter

### Complimentary Beverages

Organic Fair Trade Regular and Decaffeinated Coffee & Assorted Dark and Herbal Teas

## *Pacific Rim*

WEDDING BUFFET

### Appetizers

Sesame Chicken Skewers with Lychee

California Roll Sushi (no fish) with Wasabi Dipping Sauce

Smoked Trout on Cucumber with Sesame Mayonnaise

### Buffet

Soy, Sherry, Ginger and Garlic Marinated Sides of Salmon Roasted and sprinkled with Red Ginger

New Potatoes and Shi-take Mushrooms, Onions and Roasted Garlic

Asian Long Bean Salad with Roasted Peppers Fire Roasted Walnuts

Baby Spinach Salad with Mandarin Oranges, Marinated Red Onions Sherry Vinegar Dressing

Two Asian Noodle Salad - Rice and Soba Noodles, Snow Peas, Shredded Red and Yellow Peppers, Water Chestnuts and Cilantro with a Black Sesame Dressing

Basket of Country Breads, Baked Bao, and Sweet Butter

### Complimentary Beverages

Organic Fair Trade Regular and Decaffeinated Coffee & Assorted Dark and Herbal Teas

# Regions of India

FUSION MENU

## Appetizers

Samosas - Turnovers stuffed with Peas & Potatoes

Salmon Tikki - Salmon Cakes

Piaz Pikode - Onion Fritters with an Herbed Yogurt Dip

## Buffet

Jhinga Bhuna Masala - Prawns in Spicy Thick Sauce

Chicken Makhanwalla Tandoori Spice Marinated Chicken  
in a Fragrant Cream sauce

Grilled Tandoori Asparagus

Bengali Pulav

Rice Pilaf with Spices and Peanuts

Vegetable Korma - Mild Cashew Sauce

Pappadum & Naan

Mango Lassis

## Option

Marzwangan Korma - Lamb in Red Pepper and Tamarind Sauce

## Complimentary Beverages

Organic Fair Trade Regular and Decaffeinated Coffee & Assorted Dark  
and Herbal Teas

# Nigerian

WEST AFRICAN MENU

## Appetizers

Ojojo - Fried Shrimp & Yam Cakes

Samosas with Mint Chutney

Pakorras - Potato, Cauliflower and Eggplant

## Buffet

West African Peanut Stew - tender Chicken, Sweet Potato, Tomato, Corn,  
Pinto Beans, Garlic, Onion, Peanut Butter, Chili in a thick, wonderful  
vegetarian stew (Goat is available to use in this recipe, at market price)

Iresi - White Rice

Equisi with Efo - Beef Stew with Spinach

Jollof Rice - White Rice, Tomatoes, Bell Pepper with Savory African Spices

Ewa - Savory Beans with tomatoes and sautéed onions

Isu - Boiled Yams

Basket of Country Breads & Sweet Butter

## Beverages

Ginger Mint Iced Tea, Organic Fair Trade Coffee (Regular and Decaffeinated,  
Assorted Herbal and Black Teas

# Navajo Feast

WEDDING MENU

## Appetizers

Black Bean Torte on Crostini Layered Black Bean Pate with Roasted Peppers, Feta Cheese, Cilantro Pesto and Sour Cream Garnish

Corn Fritters

Blue Corn Blini with Crab and Avocado Salsa

## Buffet

BBQ Pork - Pork Rib Roast Simmered in a Juniper Berry Coriander Broth Slow Cooked in Our House Made Barbecue Sauce

Pueblo Fish Bake - True Pacific Cod, marinated in a California Chile and Lime Sauce, Baked and Served with Hot Tortillas

Posole - Dried Corn simmered in a Broth of Pork, Red Chile, Onion, Garlic and Oregano

Bean Salad - Pinto and Green Beans With Sweet Peppers tossed In A Light Vinaigrette

Baked Corn and Zucchini

Sonora Salad - Romaine, Roasted Chilis, Roasted Red Bell Peppers, Oranges, Goat Cheese, Chili Orange and Olive Oil Dressing

Pueblo Bread -House Made Round Loaves

Baked Fry Bread Pudding - Thin Traditional Fry Bread, layered With Raisins, Cinnamon and Cheddar Cheese, covered With House Made Caramel

## Complimentary Beverages

Organic Fair Trade Regular and Decaffeinated Coffee & Assorted Dark and Herbal Teas, and Ginger Mint Tea

# Moroccan

SOCIAL MENU

## Appetizers

Bastilla - Moroccan spiced Chicken and Nuts in Filo Triangles

Briouats filled with Savory Goat's Cheese

Moroccan Cigars - Savory beef rolled in Filo

## Buffet

Chermoula-Roasted Bass - Firm white fish wrapped and cooked in banana leaves with lemon slices, garlic, cilantro, chili, cumin and paprika (Served from a carver)

Moroccan Chicken Tagine with Preserved Lemon, Chick Peas, Vegetables and Raisins over Couscous (served hot)

Moroccan Rice Pilaf - Jasmine rice toasted in spiced butter and the finished in a rich broth with shallots, ginger, cinnamon and bay topped with chopped pistachios

Seasonal Roasted Vegetable Platter tossed with ras al-hanout and olive oil

Citrus Cabbage Salad - Napa cabbage shredded and tossed with succulent segments of grapefruit tossed savory spicy vinaigrette sprinkled with chopped scallions and toasted sesame seeds

Basket of Country Breads - Baguette Toasts rubbed with Garlic Butter

## Complimentary Beverages

Organic Fair Trade Regular and Decaffeinated Coffee & Assorted Dark and Herbal Teas

# Mexican Buffet

AND TABLE APPETIZERS

## On Tables

House Made Tortilla Chips with Salsa Duo- Mexicana Cruda, Tomato Verde, Guacamole, and Pepitas

## Appetizers

Black Bean Tamales with Smoked Vegetables

Pan Seared Chili Rubbed Tuna on Jicama Round

Tortilla Soup Shot with Quesadilla Spear

## Buffet

Pechuga Adobada - Shredded Chicken with Adobo and Machego Cheese with Cilantro Pesto on Polenta

Salmon Tolteca - crusted with Black and White Sesame Seeds served with a Shrimp Sauce

Black Beans & Jasmine Rice with Mushrooms, Roasted Chilies, and Lime

Banana and Sweet Potato Purée with Crisp Onions

Hearts of Romaine, Red Cabbage, Tomato, Cucumber and Avocado Salad with Sherry Vinegar Dressing and Sweet Red Onion Garnish

Tropical Fruit with Mango Cream - Pineapples, Papayas, Kiwi, Melons

Warm Tortillas and a Selection of Breads

## Complimentary Beverages

Organic Fair Trade Regular and Decaffeinated Coffee & Assorted Dark and Herbal Teas

## Options

Conchinita Pibil

Pescado a la Talla - Seasonal Fish marinated with Achiote Spicy Chipotle

Barbacoa - BBQ Goat

Pipian de Puerco - Pork Loin marinated with Tamarind roasted and served with a Roasted Corn and Pumpkin Seed Salsa

# Mediterranean

WEDDING MENU

## Family Style Antipasti

Greek Olives - Baba Ganoush - Pickled Eggplant - Feta - Roasted Red Peppers - Humus - Tabouleh - Pita Points - Tzatziki

## Appetizers

Spanakopita Rounds -Greek style Spinach and Cheese in Filo Dough

Tuscan Marinated Chicken Skewers (served hot)

Smoked Salmon Tartare on Crostini

## Buffet

Roast Garlic Rubbed Leg of Lamb with Red Wine Garlic Sauce

Sea Bass with Cousbareia Sauce, Tomato, Hazelnut and Pine Nuts

Imported Penne Pasta Salad with Sicilian Flavors, Green Olives, Capers, Artichoke Hearts, Tomatoes, Herbs, Onions

Mediterranean Marinated Vegetables, Balsamic Onions, Roasted Eggplant, Rosemary Roasted Potatoes, Red Bell Peppers, Zucchini and Yellow Squash

Mesclun Mixed Greens with dried Fig Compote on Crostini with Sherry Shallot Vinaigrette

Basket of Country Breads

## Complimentary Beverages

Organic Fair Trade Regular and Decaffeinated Coffee & Assorted Dark and Herbal Teas

## Options

Linguini tossed with Smoked Salmon and Fresh Dill in a light Saffron Cream Sauce

Fettuccini with Gulf Shrimp with Garlic, Spinach, and fresh Tomato in a light Curry Cream Sauce

Rigatoni with Gorgonzola, fresh Basil, Eggplant, and Sun dried Tomatoes in a light Cream Sauce with Wine and Garlic

# Spanish Tapas

WEDDING BUFFET

## Appetizers

Figs, Serrano Ham & Goat Cheese served on Nut Toast Points with a Port Reduction

Cold Poached Prawns & Romesco Dipping Sauce—Spanish Sauce of Charred Tomatoes, Roasted Peppers, Almonds, Garlic & Olive Oil

Tiny Red Potatoes filled with Cream Cheese, Pickled Red Onion & Roasted Garlic garnished with Chives Flutes

Grilled Lamb Chops with Fresh Herb Potatoes (add \$5 per person)

## Small Bowls

Marinated Olives, Fried Salted Almonds, and Manchego Cheese Shavings

Tortilla Espanola— Spanish Potato, Onion, & Egg Torte

Baguette Toasts rubbed with Garlic

## Platters

Paella - Saffron Rice with Sausages, Roasted Chicken, Sea Bass, Prawns, Clams, & Mussels

Grilled Lamb Chops with Fresh Herb Potatoes

Andalusian White Bean, Calamari & Tuna Salad

Baked Artichoke Hearts with Gremolata

Roasted Red & Yellow Peppers, Fried Capers, Sherry Vinaigrette

Butter Lettuce Salad, Oranges, Toasted Almonds, Sherry Vinaigrette

## Breads

Dinner Rolls of Wheat, Whole Wheat, & Potato with Herbs, Nuts, & Seeds

## Complimentary Beverages

Organic Fair Trade Regular and Decaffeinated Coffee & Assorted Dark and Herbal Teas

# Vegetarian

WEDDING BUFFET MENU

## Appetizers

Tiny Red Potatoes filled with Mango Chutney

Crostini with Goat Cheese, Roasted Red Pepper Coulis and Arugula

California Roll Sushi (not fish) with Wasabi Dipping Sauce

## Buffet

Ravioli stuffed with Roasted Vegetables tossed with Olive Oil, Sweet Roasted Garlic and Herbs

Mediterranean Marinated Vegetable Platter - Balsamic Onions, Roasted Eggplant, Rosemary Roasted Potatoes Red Bell Peppers, Zucchini and Yellow Squash

Black Bean, Corn and Barley Salad with Oregano Vinaigrette

Baby Spinach Salad, Feta Cheese, Pine Nuts with Raspberry Vinaigrette

Fresh Cut Fruit Display with Grand Marnier Dipping Sauce

Basket of Local Country Breads and Sweet Butter

## Complimentary Beverages

Organic Fair Trade Regular and Decaffeinated Coffee & Assorted Dark and Herbal Teas

# Caribbean

## STATIONS MENU

### Appetizers

Cambodian Spiced Chicken Skewer with Roasted Peanut Glaze accented with Kaffir Lime Leaves and Lemongrass

Spring Rolls with Spicy Peanut Sauce

Green Curry Puffs - Chopped Shrimp, Potato, Peas, Lemongrass, Chili and Green Curry Paste

### Station One

Roasted Coconut Cashew Nuts

Curried Butternut Squash Soup Shots

Cod Cakes with Cucumber Relish

Caribbean Slaw

### Station Two

Jamaican Jerk Pork Sliders

Ceviche with Mango in Crisp Cups

Mixed Grilled Vegetable Display

Grilled Pineapple with Coconut Topping

### Station Three

Sauteed Tofu and Asparagus with Garlic Sauce

Sticky Rice

Plantains with Cream Sauce

# Rustic Italian

## WEDDING BUFFET

### Appetizers

Crostini Budino di Fegato - Chicken Liver Purée with Sage and Capers

Crostini Pomodoro - Fresh Tomatoes chopped with Herbs and Olive Oil

Suppli di Riso - Creamy textured Arborio Rice Balls with a Center of Mozzarella and Crisp Exterior

Sfogliatine con Funghi - Sautéed Mushrooms, Pine Nuts, Smoked Ham and Fontina in a warm Pastry Puff

### Buffet

Rombo con Salsa Di Olive - Roasted Halibut topped with Olive Puree and Toasted Pine Nuts

Petti in Salsa di Mandorle - Roasted Chicken Breast with Almond Sauce

Chianti Risotto with Wild Mushrooms

Panzanella - Tuscan Bread Salad Fried Bread Cubes, Tomatoes, Basil, Marinated Red Onions with a Red Bell Pepper Garlic Dressing

Chilled Poached Green Beans and Blood Oranges dressed with Lemon-Blood Orange Sauce

Hearts of Romaine with Shredded Radicchio, Pine Nuts, Shredded Prosciutto, and Creamy Lemon Dressing

Basket of Country Breads, Sweet Butter, and Extra Virgin Olive Oil

### Complimentary Beverages

Organic Fair Trade Regular and Decaffeinated Coffee & Assorted Dark and Herbal Teas, Iced Tea, and Lemonade

## CLIENT COMMENTS



We strive to make every event, large or small, a delight for the guests and a breeze for the host. Here is a small sample of our reward -- satisfied customers!

**“THE FOOD WAS INCREDIBLE. THEY SAY YOU DON’T GET A CHANCE TO EAT AT YOUR OWN WEDDING, BUT THAT MUST BE TRUE ONLY WITH YOUR AVERAGE CATÉRER. WITH FOOD LIKE YOURS, EATING WAS A TOP PRIORITY. EVERYTHING WAS WHAT YOU’D EXPECT FROM A TOP-NOTCH RESTAURANT, IT RECEIVED RAVE AFTER RAVE FROM OUR GUESTS.”**

JOSHUA AND CANDACE

**“EVERYTHING WAS WONDERFUL — THE FOOD, THE SERVICE, THE PRESENTATION, THE FLOWERS, THE CLEAN-UP. I WOULD NOT DREAM OF THROWING A PARTY WITHOUT YOU.”**

ANNA L.

**“MATTHEW AND I WANT TO EXTEND A SPECIAL THANKS FOR MAKING OUR WEDDING MEMORABLE. TO A PERSON, EVERY GUEST COMMENTED THAT THE FOOD WAS OUTSTANDING, AND THE SERVICE WAS GRACIOUS AND UNOBTRUSIVE.”**

YUMING AND MATTHEW

**“...THE FOOD WAS DELICIOUS, THE PRESENTATION PERFECT ... YOUR PROFESSIONALISM AND CALM SKILLFULNESS GREATLY EASES THE WORK OF THE SPONSOR OF AN EVENT.”**

FRED H., ATTORNEY AT LAW

**“AFTER ALL THE MONTHS OF PLANNING, IT WAS SUCH A RELIEF TO BE ABLE TO RELAX AT OUR RECEPTION, CONFIDENT THAT YOU WOULD TAKE CARE OF EVERYTHING (INCLUDING FREEING MY TRAIN TRAPPED UNDER MY CHAIR.)”**

SARA AND PHILLIPE

**“THE FOOD WAS GLORIOUS — REDOLENT OF SUMMER AND PERFECT FOR BOTH CARNIVORES AND VEGETARIANS. IT LOOKED BEAUTIFUL AND TASTED EVEN BETTER, I WAS COMPLETELY HAPPY.”**

MARY (MOTHER OF THE BRIDE)



## CONTACTING US



We would love to discuss the details of your event with you. Please give us a call, we do answer our phone and you can speak directly to one of our event planners. Or feel free to send us a fax or an email.

office (510) 533-0781  
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The more we know about your event, the better we are able to provide you with appropriate information and price ranges.

Please include the following information:

- Event Date
- Event Site
- Type of event – wedding, social event, corporate event
- Approximate number of guests
- Service style you are considering – buffet, sit-down, or other
- Menu ideas you may have

Blue Heron Catering looks forward to hearing from you!

